



**YOUTH & FAMILY
DEVELOPMENT**

Chattanooga Fitness Center

Group Exercise Class Schedule - 2019

(effective January)

Time/Day	Mon	Tues	Wed	Thurs	Fri	Sat
9:00 am	KBC	TRYoga (Caper Room)	KBC	TRYoga (Caper Room)	KBC	
10:15 am	Lite 'n' Lo Aerobics	Chair Exercise		Chair Exercise	Lite 'n' Lo Aerobics	
11:15 am						Fit for Duty 11:00 am
12:15 pm		Line Dancing		Line Dancing		
5:15 pm	Hi 'n' Lo Aerobics	Group Strength	Hi 'n' Lo Aerobics	Group Strength		
6:30 pm		ZUMBA		ZUMBA		
7:00 pm	Fit for Duty		Fit for Duty			

(Caper Room – smaller exercise room, featuring greater privacy)

Chair Exercise: focuses on mobility improvement & pain management; ideal for beginners & seniors

Fit for Duty: intense physical training designed to prepare individuals interested in Fire, Police, or similar service; also ideal for hardcore exercise enthusiasts and athletes

Group Strength: tone your body from top to bottom in this fun, functional strength training class

Hi 'n' Lo Aerobics: a mixture of high & low intensity aerobic moves, for all levels of fitness

KBC: a moderate to vigorous intensity strength & conditioning workout using kettlebells and more

Line Dancing: get in shape and have fun exercising to choreographed dance steps, no partners required!

Lite 'n' Lo Aerobics: a basic low impact aerobic exercise class; ideal for beginners & seniors

TRYoga: therapeutic yoga class that welcomes ALL levels of ability & ALL body types - come try yoga!

Zumba: a Zumba® workout uses Latin and International music and rhythmic movements for a fun and effective workout

Hours of Operation:

Mon – Thurs, 8am – 8pm
Friday, 8am - 7pm
Saturday, 8am - noon

Entry Fee - \$1.00

Chattanooga Fitness Center

@ Warner Park, 1254 East Third St
(423) 643-6600

www.chattanooga.gov

Facebook - CFCEPowerhouse

ADA Accessible